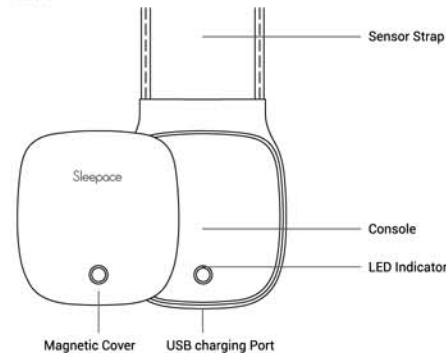


RestOn

Smart Sleep Monitor

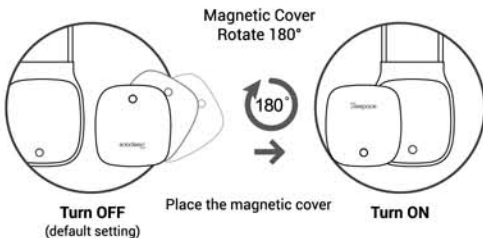
Achieve your best sleep

1 What's included



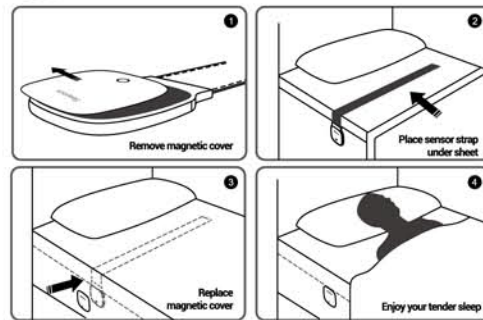
Accessories: USB charging cable, Manual, Warranty Card

2 Turn on / off

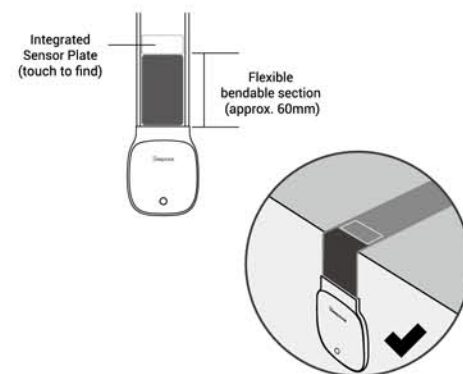


In first use, please peel off the plastic protection membrane underneath the magnetic cover and discard the membrane.

3 Installation

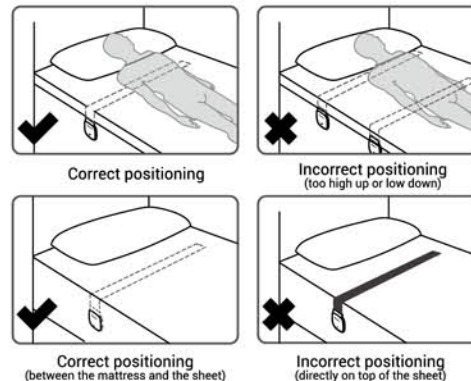


① Remove magnetic cover ② Lay the sensor strap under bed sheet. (positioning across chest) ③ Place the magnetic cover (LED indicator facing up) onto the console. ④ Link APP to your RestOn device and start tracking your sleep quality.



Correctly installing the device

4 Correct positioning



5 Installing the APP

1: Scan the QR code below to download the Sleepace APP.



2: Visit www.mysleepace.com to download the APP.

3: Visit Google Play or iOS APP Store to download the APP.

COMPATIBLE WITH:

iPhone 5/5c/5s/6/6 Plus/6s/6s Plus
Samsung Galaxy S4/S5/Note3/Note4
Google Nexus 5
Android 4.3 BLE devices

FCC statements:
This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications or changes to this equipment. Such modifications or changes could void the user's authority to operate the equipment.
NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
— Reorient or relocate the receiving antenna.
— Increase the separation between the equipment and receiver.
— Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
— Consult the dealer or an experienced radio/TV technician for help.
EU Regulatory Conformance
Hereby, Shenzhen Medica Technology Development Co., Ltd. declares that this device is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

6 APP

- ① Create a family account and individual account.
- ② Connect the new device via Bluetooth by scanning the Device QR code or manually search.



Device QR code

③ Press the "Start Sleep" button on the Monitoring page to begin monitoring. After waking up, press the "Get up" button on the Monitoring page to complete the sleep monitoring. A moment later the data of your sleep quality will be ready for review in the daily report.



7 RestOn LED indicator

Turn ON	***	Solid green for 5 seconds
Low Battery	***	Flash red every 2 seconds
Charging	***	Solid red
Charging complete	***	Solid green

About recharging:

When the battery life drops below 10%, the RestOn device and the APP will both show a reminder for low battery. Please recharge the device when the reminder pops up.

8 Specifications

Model	Z200
Console	105mm*88mm*17.5mm
Sensor Strap	800mm*65mm*2mm
Weight	165g(5.8oz)
Battery	Lithium-ion 3.7v rechargeable battery
Wireless	Bluetooth 4.0
Wireless Range	10m(33ft)
Software Platform	Android 4.3 or above; iOS7 or above
Battery Life	Over a month
Charging Current	5.0V~1000mA

Due to the used enclosure material, the product shall only be connected to a USB interface of version 2.0 or higher. The connection to so called power USB is prohibited.

9 Trouble shooting

Question	Possible Causes	Solutions
The APP shows that it is not connected to the device.	• Device is not turned on. • The device is out of Bluetooth range. • Device is out of power.	• Please ensure that the magnetic cover is placed the correct way with LED indicator facing up. Once the device is correctly positioned and is turned on, the green indicator light will be displayed for 5 seconds. • Please ensure the device is within range of 10 meters from your phone. • Please charge the device.
Last night's data is not shown.	• Sleep monitoring was not started. • Not connected via Bluetooth.	• Every night before sleep, please press the "Start Sleep" button on the "Monitoring" page of the APP to begin sleep monitoring. After waking up, press the "Get up" button to complete the sleep monitoring. • Please check the device is turned on and that it is positioned within 10 meters of your phone and successfully connected via Bluetooth.

Question	Possible Causes	Solutions
Unable to register.	• The phone isn't connected to the internet.	• Connect your phone via Wifi, GPRS or using any other data communication network.
When nobody is lying on the bed, heartbeat and respiratory signals are still being monitored.	• Sensor band is detecting vibrations or signals other than those of the person being monitored. • Incorrect positioning of the sensor strap. • There is a delay in displaying the data.	• Avoid contact with the bed of the person being monitored. Remove all external large sources of vibration from the bedside, such as washing machines or electric fans etc. • Please ensure that the sensor strap is placed across the middle of the chest/abdomen area when lying down for effective and accurate monitoring. • Please wait for another ten seconds.

If you have any question, please contact us :

Email: support@mysleepace.com Facebook: www.facebook.com/MySleepace
Twitter: www.twitter.com/MySleepace www.mysleepace.com

10 Notice

Please note that this device is not a medical device and cannot be used to prevent sudden death. Users shall not be entirely dependent on this device and neglect the care of those persons under their care or being monitored.

Attention! For users with medical illnesses or diseases, family members should take measures to regularly and personally monitor their health situation. Please be aware that this product must not be used for persons who are fitted with a heart pacemaker. This product is not designed for monitoring the sleep quality of people under the age of eighteen.

Environment:

The optimal environment of use: a 8-24cm thick spring mattress.

11 Storage and maintenance

- * CAUTION RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.
- * Do not excessively bend this product. The product has built-in sensors and excessive bending may cause damage to those sensors.
- * Do not use the product during re-charging as it may damage the product usage life.
- * Do not allow the product to come into contact with water as it may cause damage to the inside of the product.
- * When the power adapter is inserted into the power outlet, do not touch the metal end of the power adapter.
- * The sensor band is suitable for use on a flat, solid surface. Do not place the sensor band on a movable bed (such as a hammock), as this can lead to the sensor band malfunctioning.
- * Please ensure that the product is not close to any source of vibration to ensure that the sensor band can accurately detect and monitor the users' sleep.
- * Vibrations caused by electric fans, washing machines or loud music etc. are likely to lead to inaccuracies in the product monitoring.
- * Do not use the RestOn in the environment at too high or too low temperature, never expose the RestOn under strong sunshine or too wet environment. The suitable temperature for the product and accessories is 0°C-50°C.